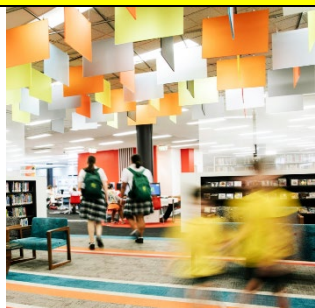


YOUTH SOCIAL MEDIA



Best of luck to all HSC students beginning their exams today. Drug Info's Youth page is filled with helpful school resources and important information about mental health, the effects of drugs and alcohol on developing brains, and where to go for support
<https://druginfo.sl.nsw.gov.au/youth>



Studying hard for your HSC exams? Why not take a study break by testing your knowledge with the Drug Fact Finder quiz from Drug Info? Scan the QR code to see how much you know about 15 different drugs #DrugInfo #NSWPublicLibraries



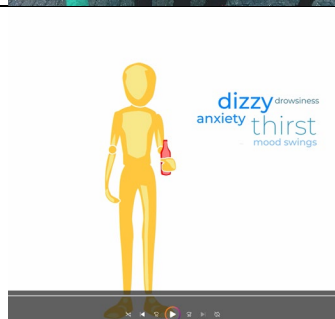
Drug Info's youth page has a range of facts and resources relating to alcohol and other drugs. You will find information relating to the effects of different drugs, links to quality youth support services, school resources and more. Go to
<https://druginfo.sl.nsw.gov.au/youth> #NSWPublicLibraries



Schoolies is all about having a good time and celebrating the end of your school life. Drugs can sometimes be part of these celebrations, so it's important to know a bit about them so you can make good decisions and help friends who may be in trouble.
<https://adf.org.au/talking-about-drugs/parenting-talk/teenagers-aod-use/safer-partying/>



Schoolies week can be a challenging time for parents and young people. Drug Info's Party Safe links to a range of services offering tips on resisting social pressure, resources for safer partying and more. Make it a party to remember with Drug Info
<https://druginfo.sl.nsw.gov.au/party-safe>



Did you know the effects of alcohol can last longer than a hangover? Regularly drinking a lot of alcohol over time is likely to cause problems for your health and wellbeing. Get the facts about alcohol and where to get help and support by visiting Drug Info
<https://druginfo.sl.nsw.gov.au/alcohol>



Looking for tips on reducing intake or advice on where to go for help? Drug Info's [#PartySafe](https://druginfo.sl.nsw.gov.au/party-safe) page has resources for staying safe at parties and festivals, specialist support services for LGBTQIA+ communities and more. Learn more at <https://druginfo.sl.nsw.gov.au/party-safe>



Every year Australian music festivals attract crowds of thousands to witness world renowned musicians and DJs do their thing on stage. The festival atmosphere is an awesome experience and opportunity to make some incredible memories. Make all your festival experiences ones to remember with these top tips to party safely: <https://yourroom.health.nsw.gov.au/whats-new/Pages/Party-safe-Top-tips-to-stay-safe-at-music-festivals.aspx>

YOUR ROOM SOCIAL MEDIA

VAPING

Looking for vaping facts, resources or support services?



NSW

Your Room



Looking for vaping facts, resources or support services?

Your Room

NSW



Did you know vaping can affect a developing brain?

Your Room

NSW

Did you know vaping can affect the developing brain?



NSW

Your Room

- NSW Health's Respect Your Brain series is a great introduction into the risks associated with drugs and the developing brain. The newest video in the series discusses vaping. Get the facts with NSW Health and Respect Your Brain. [#NSWYouthWeek](#) [#RespectYourBrain](#)
- Nicotine is highly addictive, and vapes can deliver nicotine at higher doses than cigarettes. Exposing young brains to nicotine early can wire the brain to be more addicted to substances into adulthood. Learn more about the affects of vapes and other commonly used drugs on the developing brain at Your Room: <https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx>
- Did you know vaping can affect the developing brain? Go to Your Room for vaping facts, resources and support services: <https://yourroom.health.nsw.gov.au/a-z-of-drugs/Pages/e-cigarettes.aspx>
- How does vaping affect the developing brain? Most vapes contain nicotine, and exposing young brains to nicotine early can increase the likelihood of addiction into adulthood. Vaping can also increase risks of depression and anxiety. Learn more at [#RespectYourBrain](#) <https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx>

ALCOHOL AND ANTIDEPRESSANTS

New factsheet available on the Your Room website: Mixing Alcohol and Antidepressants



NSW

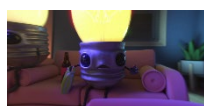
Your Room

Mixing alcohol and antidepressants affects the developing brain



NSW

Your Room



Mixing Alcohol and Antidepressants factsheet now available

Your Room

NSW

- Did you know mixing alcohol and antidepressants can lead to side effects that increase risk of injury and other negative experiences associated with alcohol? The Respect Your Brain series from Your Room includes information about the effects of alcohol and other drugs on the developing brain, and includes a video on mixing alcohol and antidepressants. Watch it now: <https://youtu.be/O6xzw0gJdVE>
- Learn more about how mixing alcohol and antidepressants can affect the developing brain at Your Room. The Respect Your Brain page includes helpful information, an animated video and a downloadable fact sheet. Go to Your Room to find out more: <https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx#antidepressants>
- Mixing alcohol with antidepressants can cause stronger feelings of intoxication and drowsiness than alcohol alone and increase risk of injury. Want to know more? Go to the Respect Your Brain page on Your

 <p>Mixing alcohol and antidepressants can affect a developing brain</p> <p>Your Room NSW</p>	<p>Room: https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx</p> <ul style="list-style-type: none"> How does mixing alcohol with antidepressants affect the developing brain? Go to the Respect Your Brain page on Your Room to learn: https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx
GENERAL	
 <p>Learn how alcohol, vaping, cannabis, MDMA, and other drugs affect a developing brain</p> <p>Your Room NSW</p>	<ul style="list-style-type: none"> The #RespectYourBrain animated video series focuses on the impact of drugs commonly used in Australia and explores the way these drugs affect a young person's developing brain. Find out more by visiting https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx
<p>Want to learn how alcohol, vaping, cannabis, MDMA, and other drugs affect a developing brain?</p>  <p>Your Room NSW</p>	<ul style="list-style-type: none"> Did you know that MDMA can deplete the supply of serotonin to the brain, which can lead to depression, sleep problems and loss of concentration? Find out more about the effect of MDMA and other drugs on the developing brain by going to Your Room's #RespectYourBrain page https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx#MDMA
<p>Drug, alcohol, or vaping problems with young people?</p>  <p>Your Room NSW</p>	<ul style="list-style-type: none"> See how cannabis affects different parts of the brain. Cannabis mimics our brain's internal systems to alter our experience of the world and can also mess with our memory, concentration and coordination. https://www.youtube.com/watch?v=l2nsavS84zk
<p>Drug, alcohol, or vaping problems with young people?</p>  <p>Your Room NSW</p>	<ul style="list-style-type: none"> Adolescence and emerging adulthood are periods of significant brain growth and development. Find out more about drugs and the developing brain during #BrainAwarenessWeek by watching the #RespectYourBrain videos #DrugInfo https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx